



## Spicy Chipotle Cheddar Drumettes

 Gluten Free

READY IN



38 min.

SERVINGS



12

CALORIES



205 kcal

SIDE DISH

### Ingredients

- 4 stalks celery cut into 3-inch chunks
- 6 oz take spicy chipotle cheddar recipe cheese breadcrumb mix mixed fresh
- 2 lb chicken drumettes
- 0.5 cup mango chutney
- 2 Tbsp real mayo mayonnaise kraft

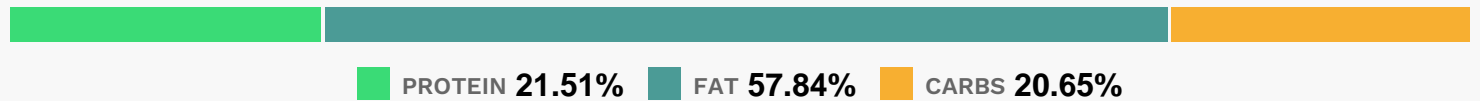
### Equipment

- baking sheet
- oven

## Directions

- Heat oven to 375F.
- Coat chicken with cheese mixture as directed on package; place on baking sheet sprayed with cooking spray.
- Bake 25 to 28 min. or until chicken is done. Meanwhile, mix chutney and mayo until blended.
- Serve chicken with mayo mixture and celery sticks.

## Nutrition Facts



## Properties

Glycemic Index:13.67, Glycemic Load:5.44, Inflammation Score:-2, Nutrition Score:5.2434782826382%

## Flavonoids

Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 205.35kcal (10.27%), Fat: 13.09g (20.14%), Saturated Fat: 4.83g (30.17%), Carbohydrates: 10.52g (3.51%), Net Carbohydrates: 10.15g (3.69%), Sugar: 7.11g (7.9%), Cholesterol: 46.57mg (15.52%), Sodium: 152.31mg (6.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.95g (21.9%), Selenium: 10.73µg (15.33%), Phosphorus: 125.18mg (12.52%), Vitamin B3: 2.47mg (12.37%), Calcium: 113.46mg (11.35%), Vitamin B6: 0.17mg (8.28%), Vitamin K: 8µg (7.62%), Zinc: 1.09mg (7.28%), Vitamin B2: 0.12mg (6.9%), Vitamin A: 263.4IU (5.27%), Vitamin B12: 0.28µg (4.73%), Vitamin B5: 0.41mg (4.11%), Potassium: 120.63mg (3.45%), Magnesium: 13.23mg (3.31%), Iron: 0.51mg (2.84%), Folate: 11.08µg (2.77%), Vitamin E: 0.36mg (2.38%), Vitamin C: 1.95mg (2.36%), Copper: 0.04mg (2.03%), Vitamin B1: 0.03mg (1.93%), Fiber: 0.37g (1.48%), Manganese: 0.03mg (1.42%)